

# Hack 6 - Balance Quiz

Note: Some questions may have more than one correct answer

1. Is it good if a person is a perfectionist?
  - a) No because it can easily negatively affect a persons' happiness.
  - b) Of course it is - it means that you are perfect.
  - c) I don't know if it is or not but it's not my business either way to judge anyone.
  - d) I'm not sure- I better read Hack 6 again.
  
2. When it comes to learning and achieving in school, which of these are signs of a balanced teen:
  - a) Does not give up when things are hard.
  - b) Sets realistic goals.
  - c) Doesn't care if they are not succeeding.
  - d) Understands that mistakes and failures are part of the learning process.
  
3. You have done something wrong to a good friend, what should you do?
  - a) Beat yourself up for being a bad person.
  - b) Pretend that nothing happened and carry on.
  - c) Try to understand and learn where you went wrong.
  - d) Ask for forgiveness.
  
4. What's wrong with eating when I want and what I want?
  - a) Our bodies are delicate and need looking after.
  - b) There is nothing wrong, chill out and live life to the full.
  - c) Nothing wrong because it's not affecting my weight.
  - d) One should take pride in living healthily.

5. I'm trying to be more organized, which of the following would be a good help:
- a) Pay someone to sort out your stuff.
  - b) Make a realistic plan to start getting more organized.
  - c) Forget it - you're just a messy person.
  - d) Decide from now on you are going to become the most organized person out there.
6. "School/studying isn't my thing, so what's the point." Do you agree or not?
- a) Agree - focus on your strengths and don't worry about it.
  - b) Agree - stressing on swatting is not good for your health.
  - c) Disagree - you may not be the best but quitting certainly isn't good.
  - d) Disagree - often when people change their mindset they surprise themselves about what they are capable of achieving.
7. "What's the point of trying to work on myself if I'm a bad person." Do you agree with this statement or not?
- a) Agree - you are never going to be perfect so why start.
  - b) Agree - we are all human beings and it's ok and normal to keep doing things wrong.
  - c) Disagree - We are put on this world to work on ourselves and improve..
  - d) Disagree - You are not a totally bad person, just someone who may have acted badly.
8. "I want to look the best among all my friends." What's wrong with this aspiration?
- a) Your main focus should be on real inner qualities.
  - b) Go for it. Good luck in your quest.
  - c) Ask your friends if they want to join the competition.
  - d) Don't stress yourself. Aim to look good but why do you need to be the best?

9. What's the best way of trying to adjust my extremes to a middle way?

- a) Be realistic, take one thing to work on and make a 30-day plan.
- b) Decide what you are going to do and get to work.
- c) Wait till you have more time to work on this important issue.
- d) Move on to a different hack which is easier.

10. Why did Hack 6 take me the longest to write of all the hacks?

- a) It's the longest of all the hacks.
- b) There are lots of unhealthy extremes and it was hard to identify the most important to include.
- c) I was being a perfectionist when I wrote it.
- d) I'm not sure but is it that important?

# Answers

- 11. A
- 12. A, B, D, (not C because not caring is not the balanced approach)
- 13. C, D
- 14. A, D
- 15. B (A is not going to actually change yourself long term. D is unrealistic)
- 16. C, D
- 17. C, D
- 18. AD
- 19. AB
- 20. A, B, (D is also correct !)